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Oregon Paralyzed Veterans of America

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> OPVA is a 501(c)(3) Tax ID# 93-0713859

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OPVA Mission Statement

Oregon Paralyzed Veterans of America (OPVA), incorporated in 1976, is a chapter of Paralyzed Veterans of America. OPVA serves the needs of its Members – U.S. military veterans with spinal cord injury or disease (SCI/D) – and helps them enjoy the highest possible quality of life. OPVA, Members, Associate Members, Family Members, Volunteers, and allied organizations work to provide leadership and advocacy in

- Improving health care and SCI/D research and education
- Protecting veterans rights and benefits
- Improving awareness of disability rights
- Offering sports and health-promotion activities
- Increasing accessibility and removing architectural barriers in Oregon, Southwest Washington, and Idaho.

A 501(c)(3) charity, OPVA relies on grants and donations from members of the public.

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Two locations to serve you:

Ability Center of Portland 9770 SW Wilsonville Rd. Ste. 440 Wilsonville, OR 97070 (971) 224-5895

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President NEWS





Daniel Service - President

One of my Hero's, William Blake (Bill), has been having some medical issues, which has caused him to resign from his position as President of Oregon Paralyzed Veterans of America (OPVA).

It is imperative to have a President, so when Bill felt he could no longer fulfill this position, he asked if I would consider filling it. For several months prior to this occurring my mind kept going to the question, of how I would be able to help OPVA more than I am as Treasurer and what can I do to help others.

I was aware things weren't looking good for Bill and at the next Board of Directors meeting he resigned. When the question was asked if anyone was willing to fill the position, my hand went up.

My physical challenges are due to Multiple Sclerosis, a disease that has affected my spine. I was diagnosed in 1991, and ended up in a wheel chair in 2008.

I don't like being in a wheel chair, so a year ago I started working out and am now able to walk across the room without any support, but I don't have the strength to stay on my feet for more than a couple of minutes.

Prior to this, I had completed 3 years active duty and 17 years in the Army Reserve, many years of leadership and teaching positions in the military and at church, plus I always started out in management positions for every occupation I had.

I will take the knowledge I have gained and apply it here at OPVA.

My goal is to attempt to contact each member of OPVA personally by phone. I want to get to know you, your joys, your problems, and how OPVA can help you. There are many members who have and are experiencing similar situations in their lives. Through our networking together we are able to help each other.

I don't like being in a wheelchair

We have benefits through OPVA to encourage our members, YOU, to do what you can to be actively engaged in doing good things for yourself. We all need to remember, what helps you will benefit your family. Are you feeling stressed and need to get away? Take a trip - a family vacation. Then just turn in your receipts within the fiscal year be reimbursed up to \$250.00 a year from the Recreation Fund. Would you like to get back into painting or building up your computer so you can write a novel or need supplies to build up the Christmas village for your wife? Just send us your receipts and a written story about how you used your Recreation fund to help you and your family. Remember, what helps you will help your family too.

Are you good at Trap Shooting and haven't done it in a while or have never tried? We have members who would love to teach you how. Come join others at the different shoots throughout the year. We are looking at putting together Air Rifle and Pistol teams, just so you can get out and enjoy some time with others.



When I was 63 years old, I figured I would never be able to ski. However, my wife and I took advantage of the Heroes in Sisters offer to go to Mt Bachelor and with the help of a volunteer I was able to "sit ski" down the slopes 3 times. The hotel and meals were free for the entire weekend paid by Oregon Adaptive Sports.

My wife and I also took advantage of a Heroes in Summer trip that was offered. We did some hand cycling for the first time and were taught how to fly fish along with other disabled veterans and their families. We had a blast and except for fuel, the entire weekend was paid for by Oregon Adaptive Sports. The things I thought I would never be able to do, I discovered, I can do. It just takes a willingness to do so. There is always going to be someone there to teach us and give us a helping hand, IF we need it.



OPVA is here to benefit you! The benefits I have discussed are just a few of the different things that are being offered today to get us actively engaged in doing a little more. We have the benefits for you so give us a call (503-362-7998), stop by the office (3700 Silverton Rd NE, Salem, OR 97305), or write us a letter. We will help you learn more. I look forward to serving you for as long as my health allows. I will be at the office every Monday and Tuesday if you want to talk.





Dear Member:

I am writing to you today on behalf of Paralyzed Veterans of America about the executive order signed by President Donald Trump that imposed a hiring freeze across the federal government. Given preexisting understaffing across the Department of Veterans Affairs (VA) Spinal Cord Injury & Disorder (SCI/D) system of care, Paralyzed Veterans of America (Paralyzed Veterans) was initially concerned that a hiring freeze would further exacerbate issues with access to care and staff turnover. We are relieved to tell you that senior VA officials have stated the hiring freeze, as it turns out, will not affect clinical staff hiring.

To ensure our members continue to receive quality health care throughout the transition at VA, the Medical Services Team at the Paralyzed Veterans' National office remains available to assist our members with any access to care or other barriers to receiving the appropriate level of care. We also strive to ensure our members have accurate and current information to make informed choices about their health care, beginning with these two questions:

When is the last time you had a comprehensive annual evaluation at a VA SCI/D Center?

Have you faced any challenges to gaining timely admittance to an SCI/D Center for acute care, an annual exam, inpatient rehabilitation, respite care, or surgery?

We realize that some of our members are inconvenienced by having to travel great distances for an annual exam or acute care, but here is what you need to know:

- SCI/D Primary Care Teams located at outpatient clinics (also referred to as "spokes") are established to provide routine health care services that do not require the complex level of care offered at a SCI/D Center.
- For more serious, non-routine, or highly SCI/D-specific care or treatment, an SCI/D center is the best option. It is the only facility equipped to handle the complete gamut of care you will need.

As health care experts, we highly encourage you to seek medical treatment at a SCI/D Center for the following:

- **Comprehensive Annual Examination**
- Colonoscopy
- Surgical and post-surgical care
- Pressure/Seat mapping
- **Pressure Ulcer**

- Renal (kidney stones/reoccurring UTI)
- **Urodynamic studies**
- Wheelchair assessments
- **Chronic pain (unresolved)**

As mentioned earlier, we do realize that not every member lives within close proximity of an SCI/D center, and the temptation will be to do what is most convenient rather than what is clinically recommended. That convenience can have severe consequences.

For instance, long-term irritation of the bladder wall increases the risk of bladder cancer. SCI/D veterans who experience frequent urinary tract infections, bladder stones, and irritation of the bladder brought on by catheterization are at an increased risk of bladder cancer. Screening (cystoscopy, CT scan of bladder and abdomen) must take place by experts within SCI/D Centers who are trained in the specialty care needs of SCI/D veterans.

The lack of specialized care can result in deterioration of an individual's health, and lead to death. This is just one example among many where the choice you make largely determines the risk you are willing to take.

Contact a member of Paralyzed Veterans of America's national health care team at **MedicalServices@ pva.org or 1-800-232-1782** for guidance. You can also contact your local Veterans Health and Benefits Specialists (NSO) to inform them of any barriers you are experiencing to health care at a SCI/D Center.

Regards,

Lana McKenzie, RN, BSN, MBA, CCM, MHA

ana N. Mcleemie

Associate Executive Director

Medical Services

Paralyzed Veterans of America



Sports NEWS Alert

If transportation is a problem, we may be





Larry Gardner-Sports Director

We've had some pretty weird, cold, and wet weather so far this winter, and I realize that in some way it slows most of us down. Now, it seems like I'm starting to see some changes in our weather, so let's all get ready to go out and play.

So far this winter we have enjoyed some trap shooting, car show in Albany and a car auction at the Salem fair grounds, our first member meeting at the Mt Hood Lanes in Gresham with pizza and bowling and then the annual rabbit hunt at Camp Adair.

The bowling was a real success and even members who said they can't bowl found out they can and everyone just had a great time and lots of fun. So when we notify you about the next meeting, I hope you will join in with us and if nothing else just attend for the visit.

We have lots of events coming up this year so we will do our best to keep everyone up to date. We are always in need for more volunteers at most of our events. If nothing else, just be there for us. To volunteer just call the office at 503-362-7998 or call my cell at 503-930-9589.



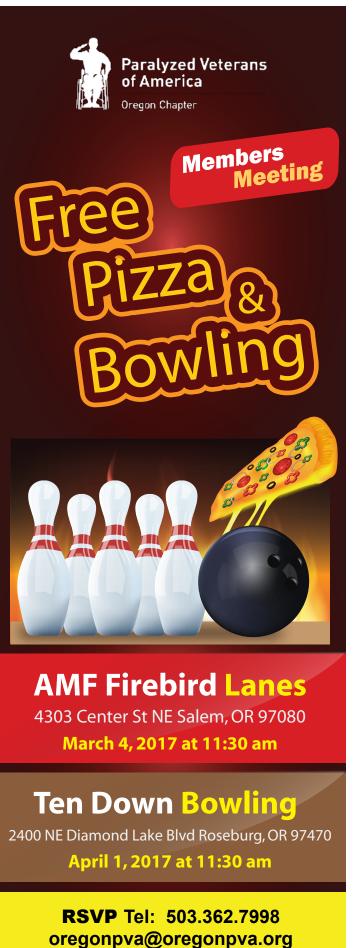


If transportation is a problem, we may be able to provide it. So see if there is anything we can help with, before you say you cannot attend, give us a call ahead of time.



I'm working on some different sports programs that members have asked about I am always open for your input, so if you have any interest in a sport or activity, call me and let's talk and don't forget to use your recreation fund. Thank you all and we look forward to a wonderful year.









I found this article to be inspirational. Submitted by Daniel Service – President

From Ensign, Apr. 1986, 2–4.

"I am asking that we stop seeking out the storms and enjoy more fully the sunlight. I am suggesting that as we go through life we "accentuate the positive." I am asking that we look a little deeper for the good, that we still voices of insult and sarcasm, that we more generously compliment virtue and effort.

I am not asking that all criticism be silenced. Growth comes of correction. Strength comes of repentance. Wise is the man who can acknowledge mistakes pointed out by others and change his course.

What I am suggesting is that each of us turn from the negativism that so permeates our society and look for the remarkable good among those with whom we associate. That we speak of one another's virtues more than we speak of one another's faults; that optimism replace pessimism and that our faith exceed our fears.

When I was a young man and was prone to speak critically, my father would say: "Cynics do not contribute, skeptics do not create, doubters do not achieve."



April 8, 2017

10am - 3pm

Open to the Public (Free)

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Oregon Paralyzed Veterans of America

3700 Silverton Rd. NE, Salem, OR 97305 Phone: 503.362.7998 Toll Free: 1.800.333.0782 www.oregonpva.org email: development@oregonpva.org



Recreation Fund Reports



Dear OPVA

My wife, Irene, and I went to the coast this Thanksgiving and stayed at Depoe Bay for five days. It rained every day but we still had a good time. The motel put on a wonderful buffet for the holiday meal. We went Christmas shopping at the Outlet Mall in Lincoln City on black Friday. It was very busy so when we returned to our room we just relaxed and watched the waves (which is one of our favorite things to do).

If it was not for the Recreation fund we might not have gone at all! Thank you very much for this thoughtful program, it really makes a difference. Thank you.

Steve and Irene Willard



Dear OPVA

It's been a long and a cold winter so far. I'm not so good when it's cold. We were able to take the grandkids to a nice dinner at Giuseppe's it's been 10 plus years since we've been there. We still love it and our 15 year old granddaughter even drove us in the van. Thanks and thanks again.

Grogan Steven

Recreation Fund Testimonies

Thank you OPVA for helping us finance some trips with the Recreation Fund. We appreciate you more than I can express.

Joey Heidrick

These moneys helped me and some friends go to a movie or two and out to a few lunches and dinners.

Kevin O'Reilly

Thank you, OPVA, for contributing to the welfare and well-being of your members thru your generous recreation fund program! Sincerely,

Mike Williamson



Remember to Use

Your Recreation Fund

Oregon PVA members are eligible to **receive \$250 each fiscal year** through the Member Recreation Reimbursement Fund.

It begins October 1st and runs through September 30th each year.

Simply send in your receipts along with a one to two paragraph description of what you did to have fun with your friends and family. We like pictures too, they may make it into the Paralog.

Eating Out ♦ Movies ♦ Games ♦ Hobby Supplies ♦ Motel ♦ Sports ♦ Event Tickets ♦ OPVA Events ♦ Guns ♦ Trips ♦ Vacation Expenses, etc.

All receipts must be dated within this current fiscal year and used within this current fiscal year (10/1/16 - 9/30/17). - Mail to: **Oregon PVA, 3700 Silverton Rd. NE, Salem, OR 97305**

Your request must be received in the office no later than September 30th

Special Thank you to our Recreation Fund Sponsors

- Marie LamFrom Charitable Foundation
- The Edward+Romell Ackley Foundation



Please contact the office at 503-362-7998 or 1-800-333-0782 if you have any questions or require additional information.



Rabbit Hunt





Jack Howell—Board Member

On Saturday, February 4th, we had our 26th Annual Rabbit Hunt with Mary's Peak Hound Club at Camp Adair Game Refuge. Camp Adair is a remnant of the WWII military base. It is very wheelchair friendly with roads and plenty of brush for rabbits to hide in.

We started our hunt at 9:00 am and finished at 12:00 pm; the weather was good for the most part until 11:30 am when liquid sunshine came in.

We had fun with the owners and their well-trained hunting dogs. The dogs would go out into the brush and try to pick up sent of rabbit. When dogs pick up the sent of the rabbit, they start barking and the closer they get

the louder they get, the owners will tell you. When the rabbit comes out, you only have a few seconds to shoot. I shoot at four rabbits and only got one. We then had a nice lunch where we shared our stories.

The hunt is always the first Saturday of February. We would love to see more shooters come out and join in the fun.







Donated Items

OPVA has many items that have been donated to us for the purpose of giving to someone who needs it.

Check with us before you purchase. All these items are given out **FREE** of charge.

If you or someone you know needs one of these items, contact Gary Atwood, Donation Coordinator, 10:00 am - 2:00 pm at 503.362.7998



All items are "As Is" No Warranty



Hospital Liaison Report

Passing of Oregon PVA Past President James Eugene Harding



In Memory of James Eugene Harding October 19, 1943 - January 26, 2017



Mike Rosenbalm – Hospital Liaison

Oregon Paralyzed Veterans of America (OPVA) is mourning the loss of Past President Mr. James "Jim" Harding who passed away peacefully on January 26, 2017. He was 73.

Jim's dedicated several years of his life to OPVA, serving the organization as Chapter President, Sports Director and Trap Team Member. His service to veterans, people with disabilities and others in the community will be missed by all that knew him. Obituary Follows:

James (Jim) Eugene Michael Harding passed away peacefully Milwaukie home on the evening of January 26, 2017. His loving wife, Joyce, was at his side.

Jim was born the first of five boys in North Dakota, to the union of Madeline and Maynard Harding. In the 1950's,

the Hardings moved to Portland, Oregon. Jim graduated in 1961 from Clackamas High School where he excelled in baseball. Following high school, Jim enlisted in the U.S. Army where he ultimately became a member of the 82nd Airborne Division out of Fort Bragg, North Carolina. Jim received an honorable discharge.

Following the Army, Jim decided to follow in his father's footsteps and pursue a career in construction. Jim worked for numerous construction companies in the Portland area. He became an expert at drywall. Jim's construction accomplishments include overseeing the building of schools in small rural villages in Northern Alaska. He also taught for the Portland Public School District in their Job Training Skills program, and owned his own construction company.

In 1972, while on a motorcycle trip with a dear friend, Jim met Joyce in Medford, Oregon. After a brief long distance relationship, Joyce transferred within her employment to Milwaukie, Oregon. In 1974, Jim and Joyce were married and they purchased a house built in 1918. Jim put his talents to use and remodeled the home.

Jim was a motorcycle enthusiast, enjoying numerous motorcycle trips with Joyce. They also enjoyed many family camping trips in their motorhome. However, in 1985, Jim was involved in a serious motorcycle accident which left him a paraplegic. He kept a positive attitude during this trying time and later counseled and mentored spinal cord injury patients.

Following his accident, Jim became involved with Paralyzed Veterans of America (PVA), ultimately becoming the Sports Director for the Oregon chapter of PVA. He enjoyed playing sports with other PVA members. Jim excelled at trap shooting while a member of a PVA National Trap Shooting team.

A few years later, Jim followed his upbringing within the Church, and became a Chaplain which lead to the position of Chaplain at St. Mary's Episcopal Church in Woodburn, Oregon. He spent countless hours volunteering at the Church. Jim was a volunteer Chaplain at Meridian Park Hospital at the time of his passing.

Jim was loved by many. His wit and the warmth of his heart have touched numerous people. He will forever be remembered as a great friend, husband, father, brother, grandfather and great grandfather.

Jim is survived by his loving wife, Joyce; children Ed (Teresa), Jeff, Pennie and Jodi (Greg); grandchildren Chelsie, Zach, Nicole, Seth, Courtney, Casey, Tyler and Maddie; four great grandchildren; brothers Bob, Mike and Pat; and numerous nieces, nephews, cousins, aunts and uncles. Jim was preceded in death by his parents; brother, Tom; and great grandson, Coburn.



Donated Items

Hi I'm Gary the Donation Coordinator at OPVA. I schedule the pick up and allocating of the donated items, and clean them up.

We receive some mobility chairs that need batteries but, if a person can get a chair valuing up to \$15K it would be worth buying batteries.

Please give us a call at 503-362-7998 if you or someone you know needs anything, our inventory constantly changes.

Testimony

Gary, just delivered a rollator to Mr. Snodgrass this morning, he was excited about it and how good of condition it was in.

Bill Gray



Burial Information



By Amy Bushatz, Spouse Buzz by Military.com

Here's two fun topics: choosing your own burial place and VA burial benefits. But they're a necessary evil, so let's go for it.

Veterans and their spouses qualify for burial in Department of Veterans Affairs cemeteries nationwide. But thanks to lovely bureaucratic rules, making arrangements for yourself ahead of time has been absolutely impossible. Literally. That's because in the past, the VA required that applications for VA burial eligibility be sent in "at the time of need" — in other words, after you're already dead. Now you tell me: exactly how much paperwork were you planning to fill out after you die?

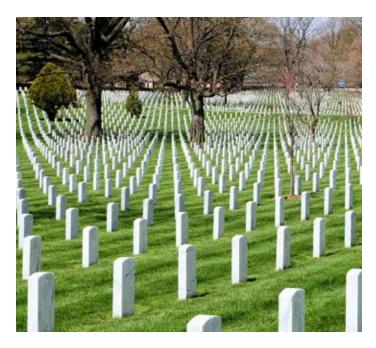
That's what I thought. Which meant the whole thing has to be sorted out by family members.

Now a new rule change means that your veteran can take care of the eligibility part of the VA burial benefits ahead of time. And since most of us want to be buried near our husbands or wives, it means we can take care of it for ourselves, too.

First note, this is for those who have left service only — not for active duty. Also, this system will not let you choose exactly which cemetery you are buried in. Instead, they let you state a preference. Actual location will depend on availability at "time of need" and still must be applied for by your family or through your funeral home.

Here's what the VA burial benefits change does: The rule change allows veterans on their own behalf (or a designated agent) to apply for burial benefits before they are actually needed, under a process known as "pre-determination," the VA recently announced. You can read all about veteran burial pre-determination here.

But spouses aren't left behind on this one. Spouses qualify to be buried at a VA cemetery based off their veteran's eligibility. That means if your veteran can be buried there, so can you.



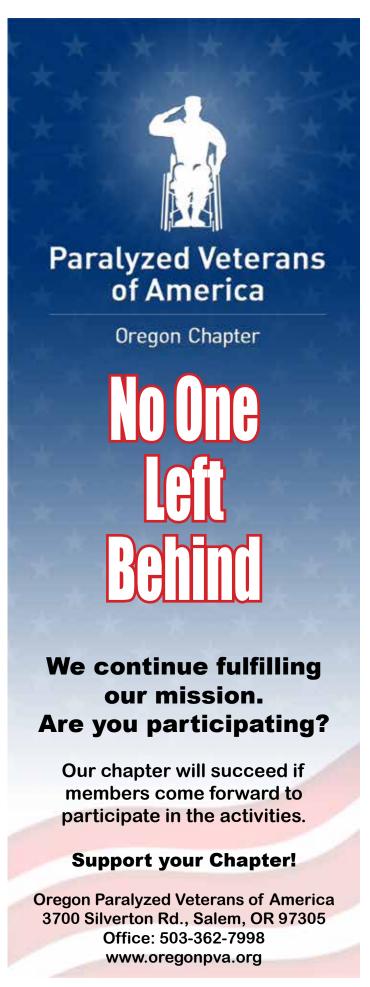
VA officials said spouses can turn in an eligibility pre-determination form at the same time as their veteran — no need to wait for the veteran to be given the OK first.

That means you and your veteran can take care of all of your paperwork at the same time on the same day. Planning for the inevitable isn't sexy, but it is a good idea anyway.

You can find the VA burial benefits form for predetermination here:

http://spousebuzz.com/blog/2016/12/va-burial-benefits-spouse-rule-change.html?ESRC=eb_161228.nl





Development Report





Tom Hurt – Development Coordinator Greetings from the development dept. 2017 has started with a BANG!!

In January, your chapter had the raffle car (1965 Barracuda) down to the Albany Winter Rod and Speed Show at the Linn County Expo Center. This was a fun event, hats off to all of you who volunteered to help out with this show.

January we also held the first membership meeting up in Gresham at Mt Hood Lanes. This was an afternoon of Pizza, Bowling and Fun. Please make sure you come on out to your member meetings when they are in your area. (Or close to your area). By the time you get this you should have already gotten a flyer and hopefully a phone call letting you know about the Salem Meeting. Here are the details.

Member meeting will be at Firebird Lanes Bowling Alley at 4303 Center St. NE Salem, OR 97301. We will be meeting at 11:30 in their meeting room, where you will enjoy pizza and updated information. Following the meeting your chapter is hosting free bowling for you and your guest.



The next Pizza & Bowling will be in Roseburg April 1st, at Ten Down Bowling at 2400 NE Diamond Lake Blvd. Roseburg, OR.

In February, we were allowed to set up our raffle car at the Petersen Collector Car Auction.

Again, big thanks to our volunteers. It's so true that we could not do all of the events we do if it was not for the volunteers supporting your chapter. This particular Auction was a huge success for fundraising. I'm not sure if it was the fact that it was raining so hard that everyone stuck around to buy their chance to win the Barracuda or the support that Curt and Susan Davis from Petersen Collector Cars give us, but whatever the reason this was our most successful Auto Auction we have attended since I have been part of the OPVA.

Ok it's time to pull your calendars out and start making plans on joining us at some events.

In March will have a booth at the Portland Roadster Show being held at the Portland Expo Center on March 17th, 18th & 19th. If you can't volunteer and you find yourself attending the show, be sure and stop by the booth and say hi. FYI as a reminder, this would be an event you could use some of your Recreation fund to attend the show

In April, the OPVA will be holding their Annual Abilities Expo at the Portland Double Tree by Hilton at 1000 NE Multnomah St Portland OR. Last year was a ton of fun with all of the different vendors that showed up, from US Fish and Wildlife to Dance Ability out of Eugene. There were vendors with recumbent bikes to track chairs. So mark your calendar, and I hope to see you there.

Later in the month of April is the MS Walk in Salem. Join the team and come on down and support your chapter. For more information on the OPVA MS Walk Team contact Sue Holt at the OPVA Office 503-362-7998.

We have MANY opportunities to come participate with the chapter at events that we are holding as well as many that we are participating in. As always, we are in need of more volunteers to help support the events.

As always for any of the events to be a success, I am asking for your assistance. The most successful events we have or participate in are the ones where the members are attending and/or volunteering. So as you read through the Paralog and you see something we are doing or attending, check your schedule and I hope to see you there.



Wheelchair Adventures



Louie Grimmer - Vice President

Let's straighten a myth out. The use of DOGS is not needed when a wheelchair user can do it.

Chuck and I arrived at the location we had checked a week previously for bears. I dropped him off a half mile down the road and went to the end. A nice BLACK BEAR stepped out of the woods munching huckleberries. It was not within range of my hopped up, .25-06 Ruger rife. I quietly contacted Chuck and whispered into the radio, "BEAR!"

He quietly asked, "RANGE?" I replied, "800 yards." He said, "HOLD."

Well, I figured that out myself but my heart was pounding. I felt like a sitting statue. I patiently waited. After about 30 minutes a chipmunk scrambled across the road and eventually hopped up on the toe of my boot and wondered

where that new rock had come from. It is important to know that bears can't see very well but their other senses are very acute. That cute little animal that was sitting on my boot, if startled, would let out a "SQUEAK." That could alert other animals around, including the bear, that there was something amiss. That could spoil everything.

I just sat there glued to the bear's every movement. Meanwhile, the warming sun went down behind the ridge putting me in the cool shade. The chipmunk scurried back to his home, leaving me all alone and becoming chilled to the bone.

The bear was slowly moving down the ridge eating berries and various other things. It was sniffing the air for any telltale signs of danger. Bears do not have any enemies because in that area they are on top of the food chain. Their only real threat is from MAN.



While the bear was basking in the late afternoon sun, I was shivering in the cool shaded area waiting for that bear to come within range. Chuck called very quietly on the radio asking me where the bear was. I whispered back, "500."

While I was sitting there, thoughts ran through my mind of what could happen. Would it take a different direction or would there be a shot by someone else? Could a rig drive up the road, spooking the bear? THEN all of a sudden it happened!

As I have seen before, the bear STOPPED and stood there like a statue with his nose high in the air. He was smelling the air, detecting something. I quietly called Chuck on the little radio and said, "I have been had." He asked the range and I told him, "350." He said, "Take it!"

Earlier in the season we took our rifles out in the woods or to Vance Fowler's to sight them in for 100 yards. We then give 'em two inches high at that range. We hand loaded our shells thus giving us a constant trajectory for each individual bullet. When we gave them the two inch rise at 100 yards, it would be right on at 300 yards. I had gone to a .25-06 with a 120 grain bullet. That pushes each bullet out of the muzzle at 3,600 feet per second. Store bought bullets travel about 2,400 to 2,800 FPS. It is noted that store bought ones are also not consistent. Each shot usually hits in different locations on the target at 100 yards but WAY off at 300 yards.

I have practiced that long shot over and over and that was where I could prove to myself that it could be done

When Chuck told me to take him at that long of a range my first thought was, "DON'T shoot too high because you will surly miss him." I have practiced that long shot over and over and that was where I could prove to myself that it could be done. The bear was still standing there like a statue. To the naked eye he looked just like a black stump. But, with my 3x9 power scope, I picked my target and squeezed the trigger.

I did not hear the report or the kick when the gun went off. I did see the bear jump into the air and then fall to the ground. It was bawling and then trying to run downhill kicking and howling. It went tumbling like a clown doing his acrobatics but was still going downhill. Then the call came LOUDLY on the radio, "WELL, DID YOU GET HIM?" I very calmly answered him that I did and mentioned that he was tumbling downhill at the moment. I was waiting for him to quit so I could spot the location where he finally stopped. Believe me, that takes careful coordinates to note where your animal lies. It is so important to be able to direct someone or yourself to the exact spot, especially if it is going to get dark soon.



Chuck walked up the road to my location and took a look where the bear was. He went down into the brush to get to him before it was too dark to find him. Now, it has been about 20 minutes after I shot the bear and the sun was fading fast. Chuck got to the right place and in about 15 minutes he had him gutted out. However, there was no way we were going to get him out of that canyon that night. After it was gutted he propped it open to allow it to cool off while we were gone.

Chuck finally climbed up out of the canyon and we decided to camp up there overnight and sleep in my rig. We had a real good reason to stay but all the food we had was one sandwich, a thermos half full of milk. I then pulled out my 72-hour survival pack that had Dinty Moore beef stew, matches, hot cocoa mix, gum, paper towels and a bunch of items that made our night's stay very enjoyable. I will say that Chuck was impressed.

That night in the high cascades was pretty cold. It was good because the meat on the bear froze. We didn't have to get right back there until 10 a.m. or so.

The next morning we started for one of the favorite spots to see if we could bag one more that morning. Of course, that was wishful thinking but we had to try.

We searched for the elusive bears in about four different places to no avail. Those places had prime habitat because the huckleberries were ripe. Bears really like them. They provide some of the needed nutrition to sustain the bears through the winter. Traveling the back woods roads often reveals a purple pile of bear poop in the middle of the road. That is a sure sign that the berries are ripe. What is most exciting is when a steaming purple pile is found in the



middle of the road. That is a sure sign the animal that deposited it is nearby.

Well, we headed back to the canyon where we left the dead bear. As we were driving up the road we noticed other bear hunters stationed at intervals WATCHING for BEARS. When we told them that "I," in a wheelchair, got one the previous afternoon and we were going to pull it out with our game winch. Pulling a 300 pound bear out of the canyon was as much work as pulling out an 800 pound elk. There is not that much meat on a bear either.



"Cline's Condo for Charities" sends donations to the charities of their quest choices



per paid night of their visit

Supporters book vacation nights at our condo and then designate their chosen charity in our guest book during their stay (e.g. Oregon Paralyzed Veterans of America). At the end of each quarter, "Cline's Condo for Charities" (CCC) sends checks to the charities designated. To book a stay, just check the website

www.keystonevacationsoregon.com

then go to Pacific Winds Condominiums and then to "Sand & Sunsets". You can also phone our manager, Chris Walson, at **503-443-1414.**

Tell him you want to stay at CCC, also know as "Sandcastles and Sunsets". YOU'LL LOVE IT!



OPVA Birthday List

V 17 2 V	Z n		
Gerald Lamb	3/1/1944	Michael Geoghegan	4/3/1949
Ronald Clement	3/2/1938	George Nordling	4/4/1949
Steven Tweton	3/2/1962	Jeffery Johnson	4/4/1955
Joseph Welsh	3/3/1942	Daniel Watts	4/5/1989
Bridgette Selby	3/3/1958	Steven Willard	4/7/1954
Jeffrey Nunn	3/5/1941	Richard Saxton	4/8/1946
C. Greg Danielson	3/5/1946	Clinton Black	4/10/195 <mark>0</mark>
Brian Beninger	3/6/1962	Michael Cl <mark>a</mark> rk	4/10/1952
John McClaran	3/7/1957	Kelly Tadlock	4/10/1958
Frank Leithauser	3/8/1940	Raymond Roberts	4/12/1954
Mark Turpin	3/8/1954	Dana Strasheim	4/15/1956
Leslie Woods	3/9/1948	Timothy Hagberg	4/16/1948
Richard Blair	3/11/1952	Frank Schindler	4/16/1949
Robert Kloehn	3/12/1948	Angela Tunnissen	4/16/1960
Mark McClellan	3/13/1969	Michael Williamson	4/16/1966
Mitchell Wood	3/14/1951	Richard Montiel	4/17/1941
Ronald Beriault	3/14/1952	Christopher Weatherby	4/17/1970
Charles Feringa	3/18/1956	Jonathan Cline	4/18/1949
Victor Marquardt	3/21/1931	Melvin Johnson	4/18/1959
Jeff Chambers	3/21/1973	Dustin Simmons	4/18/1976
Daniel Service 🔷 🥏	3/23/1952	David Huston	4/19/1954
Michael Carnahan	3/23/1953	John Olson	4/22/1945
Larry Gardner	3/24/1950	Ro <mark>na</mark> ld Heard	4/23/1939
Richard Johnston	3/25/1931	Bruce Henion	4/23/1959
Maynard Epl <mark>in</mark> g	3/27/1940	William Tucker	4/26/1946
Steven Grogan	3/28/1965	Robert Phillips	4/26/ <mark>1</mark> 951
Bruce Freeberg	3/29/1958	William Cooper	4/26/1965
BrendaMarsters	4/1/1942	Harriet Schmidt	4/26/1971
Edward Suhr	4/1/1963	Rick Williams	4/27/1959
Mike Neher	4/2/1963	Michael Mullett	4/29/1946
Darrel Ackerman	4/3/1947	Markus White	4/29/1981





March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 S	} &	3 S		2	3	4 Pizza & Bowling Salem
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	BOD 10:00 a.m.	31	



Portland Roadster Show

Save the Date







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7	-37	3		TI	R	Pizza & Bowling Roseburg
2	3	4	5	6	7	OPVA Abilities Expo
9	10	11	12	13	14	15
16 Easter	17	18	19	20	21	22 MS Walk Salem
23 30	24	25	26	BOD 10:00 a.m.	28	29

Save the Date

7/11	First Tuesday - Sublimity	8/22	Deep Sea Fishing
7/22	Mopar Cruise In	8/25-9/4	State Fair
7/23	Mopar Woodburn Drags	9/15	Deep Sea Fishing
8/1	First Tuesday - Sublimity	9/16	Albany Shoot
8/11-13	Del Marti Memorial	9/16	Gun Raffle
	Trapshot	9/17	Members Banquet
8/12	Show & Shine Car Show	10/4	Deep Sea Fishing
8/12	Car Raffle	11/11	Albany Vets Day Parade
8/12	Саг капіе	11/11	Albany vets Day Para

M.S. News

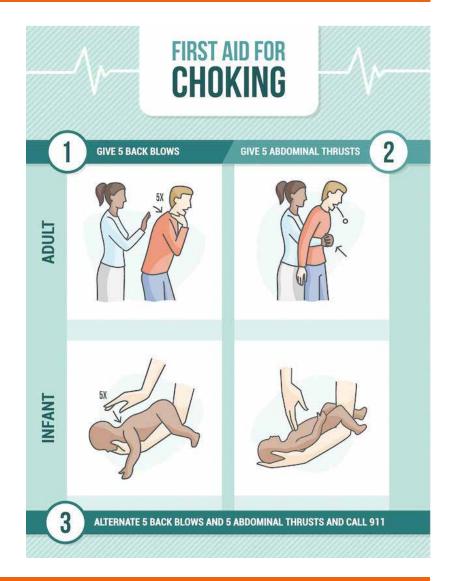
Sue Holt - M.S. Liaison

My husband and I were eating our lunch one day when all of a sudden I couldn't breathe. I couldn't talk either. I was choking! (A tiny sliver of pickle no less!) If this happens to you...

Do you know what to do?

The universal sign of chocking is to place both hands on your own throat and try to attract the attention of someone close by who might be able to help you out.

Dave was up in a flash and performed the "Heimlich Maneuver" He saved my life! Below is a chart from the American Red Cross on what to do if someone you know starts to choke. Learn the steps, they might come in handy one day.



I hear a lot about people that think an MS diagnosis is the end of the world. I do not judge anyone if you feel this way but for me – it was the end of my world as I knew it but it opened another one. Different and in some ways better. Find a way to get involved. Do what I did go to an MS Walk. Below I've listed areas around the states and dates they take place.

For more information you can call OPVA at 503-362-7998 or The National MS Society at 1-800-344-4867

April 15, 2017 – Bend and Portland April 22, 2017 – Klamath Basin and Salem

"Not everyone will understand your journey. That's fine. It's not their journey to make sense of. It's yours."

Zero Dean





June 23, 2017 - Tee off 1 p.m.

Title Sponsor





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155 McNary Estates Drive N, Keizer, OR 97303



Information: 503-362-7998 email: oregonpva@oregonpva.org



8th Annual Golf Tournament

Registration Form



Tournament Information:

Date: Friday, June 23, 2017

Registration: 11:30 a.m. and team photos

Tee Time: 12:30 p.m. Introduction/1:00 p.m. shotgun

Location: 155 McNary Estates Drive N, Keizer, Oregon 97303

Format: Four-Person Team Scramble

Cost: \$400 Team - \$125 Individual Golfer. Includes green fees, golf cart & banquet

Banquet: Begins at 5:30 p.m. Awards: Begins at 5:45 p.m.

×	Silent Auction:	11:30 a.m. to 6:0	00 p.m. (Must to be present to	o win)
X— — — — Tournament R	egistration Ple	ase Print		VISA Masky DISCOVER
Team Captain				
Captain's Name:				
Address:			Phone: _	
City:	State:	Zip:	Email:	
Additional Golfers				
Name:			Email:	
Name:			Email:	
Name:			Email:	
Check All that Apply:	:			
☐ Team Fee	\$400.00	18 holes of golf	f, cart, and Banquet & Aucti	on for 4 golfers
☐ Individual Golfer	\$125.00	18 holes of golf	f, cart, and Banquet & Aucti	on
☐ Banquet Only	\$45.00	Banquet & Auc	ction	
Each attendee mark y	our choice for dinne	er # Bee	ef #□ Chicken #	□ Veggie
Sponsorship O	pportunities			
Title Spo	onsor	Bonave at Ke	nture \$535 MeLevid Latue NE Viciner, CR 27303 (503) 689-8084	
☐ Food Sponsor	\$1,500.00		ame on all OPVA golf printed	
☐ Hole Sponsor	\$250.00	Business n	ame on all OPVA golf printed ity to setup table on designate	material.

Mail registration and payment to: OPVA, 3700 Silverton Rd. NE, Salem, OR 97305 Email to: oregonpva@oregonpva.org - To pay with Debit/Credit card call: 503-362-7998 Please make checks payable to: OPVA - Federal ID # 93-0713859

☐ Check to receive invoice (by email <u>only</u> supply address above)

Total Amount Enclosed: \$

Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.

February 16, 2017

Volume 23, No 2

PRIORITY

The Government Relations staff is still looking for stories about problems that our members have experienced during air travel. Please visit www.AirAccess30.org and share your story.

Senate Unanimously Confirms Dr. David Shulkin as Secretary of Veterans of Affairs

On February 13, 2017, the Senate unanimously confirmed Dr. David Shulkin as the next Secretary to lead the Department of Veterans Affairs. Despite a week of all-night debates as part of efforts to delay more controversial Cabinet Appointees, debate on Secretary Shulkin lasted a mere ten minutes. His confirmation is historic in that he will be the first person to lead the Department never having served in uniform. A strong compensating factor, though, is that for the past two years, he has served as the Under Secretary of the Veterans Health Administration (VHA), specifically leading the efforts to reform veterans' health care.

His successful private sector career in health care coupled with experience working at the highest level of VA suggests he is uniquely suited to hit the ground running. With this favorable blend of experience, though, comes added scrutiny. While Secretary Shulkin has publicly committed to not "privatizing the VA," PVA will continue to stress with Secretary Shulkin, as we have in the past, the importance of protecting specialized services and appropriate staffing levels in providing high-quality care to veterans with a spinal cord injury or disease.

One specific challenge he is expected to face is the requirement to broaden his view beyond VHA and lead the Department as a whole. As he already acknowledged during his confirmation hearing before the Senate Committee on Veterans' Affairs, there is an intersection between VHA and the Veterans Benefits Administration (VBA) in the world of disability claims adjudication that cannot be ignored. Put simply, in most instances, veterans cannot receive health care from VA until they receive a rating from VBA. It is imperative the claims and appeals are adjudicated swiftly, efficiently, and, most of all, accurately.

The Independent Budget Policy Agenda for the 115th Congress Released

In February, the co-authors of The Independent Budget (IB)—DAV, Paralyzed Veterans of America, and Veterans of Foreign Wars—released the IB Policy Agenda for the 115th Congress. This year marks the 30th edition of this important endeavor. Since the release of our last policy agenda at the start of the 114th Congress in January 2015, we have seen significant attention on reforming key elements of the delivery of veterans' health care and benefits. Our focus remains on informing and influencing key policy decisions directed by the administration and Congress that will have a direct impact on veterans and their families.

Washington Update Produced by Paralyzed Veterans of America

This year's document highlights six critical issues that we believe require the greatest attention for the 115th Congress. The critical issues include:

- 1. Strengthen, Reform, and Sustain the VA Health Care System—The IB focuses on the framework for veterans' health care delivery reform proposed in 2015. Inherent in this framework is the preservation and strengthening of a robust Department of Veterans Affairs (VA) health care system, particularly specialized services such as spinal cord injury and disease care, blind and vision impaired care, polytrauma care, traumatic brain injury care, and mental health care services. Our recommendations are also meant to frame the debate in the context of the VA's community care consolidation plan, the Commission on Care recommendations, and recommendations from the Independent Assessment conducted by the MITRE and RAND corporations.
- 2. Remove Budget Constraints that Negatively Impact Veterans Programs—This edition focuses on the structural impediments that lead to insufficient resources being provided to ensure VA has adequate capacity to meet the needs of veterans. It addresses ongoing budget caps, sequestration, PAYGO and other budget and appropriations rules as well as the need to complete appropriations reform providing all VA programs advance appropriations.
- 3. Reform the Claims and Appeals Process—Appeals modernization and reform has been a primary objective of VA leadership and has been widely discussed in the House and Senate. The IB focuses on the issues that must be addressed in the course of implementation of claims and appeals reform irrespective of the final outcome of appeals reform legislation.
- 4. RealignandModernizeCapitalInfrastructure— The misalignment and deterioration of much of VA's capital infrastructure is a commonly

discussed problem that continues to negatively impact the delivery of care to veterans. The Commission on Care and the MITRE-RAND Independent Assessment recognized the significant funding gap for VA's infrastructure and the need to realign and right-size that infrastructure to best serve veterans, efficiently deploy resources and remain viable in the future.

- of Comprehensive Assistance for Family Caregivers (PCAFC) of Severely Injured Veterans—Expansion of the comprehensive family caregiver program administered by the VA to veterans of all eras remains a high priority for the IB. Additionally, key facets of that program must be improved to ensure efficient implementation and effective delivery of services. At the same time, other programs that offer similar support services for catastrophically disabled veterans must be enhanced.
- 6. Ensure that VA Provides High-Quality, Effective Programs and Services to Meet the Unique Needs of Women Veterans—Much work remains to ensure that women veterans are able to access the full range of health care services that are appropriate to their unique needs. Additionally, benefits and service support programs must be enhanced to ensure that women veterans receive equitable treatment in the delivery of their earned benefits and services.

The IB serves as a guide for our legislative work in Congress and as a resource for both the Department of Veterans Affairs (VA). This policy agenda will soon be followed by the budget report for FY 2018 and FY 2019, scheduled to be released before the end of February.

To view the full IB Policy Agenda for the 115th Congress, visit www.independentbudget.org.

Washington Update Produced by Paralyzed Veterans of America

HVAC Subcommittee on Disability Assistance and Memorial Affairs Examines Impact of National Work Queue

The Subcommittee on Disability Assistance and Memorial Affairs kicked off the 115th Congress with a hearing examining the progress of VBA's new method of allocating disability claims among its processors, the National Work Queue (NWQ). Historically, claims were processed by the local Regional Office (RO) where it was submitted. Naturally, some offices experience a relatively light workload or exceptional productivity while others are inundated with an overwhelming number of claims or, for any number of reasons, are plagued with low productivity and slow processing times. In an attempt to move into the 21st Century, VBA developed and began using a digital system designed to gather all disability claims submitted by veterans throughout the United States and distribute them to RO's based on capacity. The practical effect for veterans is that if your local RO is handling claims in a timely manner, your claim will likely be adjudicated locally. But if your local RO is struggling to process claims within a standard of 125 days, the NWQ will take the excess claims that the local office cannot handle and move them to an RO that can.

Moving to a digital system and changing the landscape of where claims are normally processed brought both increased efficiency and accuracy. But it is also still facing certain challenges. Chairman Mike Bost (R-IL) touched on one of these challenges, the paradox of VBA increasing efficiency in processing claims and yet the backlog continues to rise. The Veterans Health Administration faces the same issue - as access to care improves, more veterans want in to use VA health care. Likewise with claims - as processing times and accuracy improve, more veterans find it worth it to submit a claim. In essence, the efficiency is offset by increased

demand, and it ultimately looks like VA is making no progress.

New Ranking Member Elizabeth Esty (D-CT) and Chairman Bost both attempted to flesh out the VSOs' collective concerns, though, with claims that are no longer local. Under the old system, the VSO service officers would be able to review the RO's decision prior to it being issued, mostly to correct any clerical or blatant errors before the decision was made final. VFW noted that, by its calculations, 1 in 10 claims experience errors that were easily correctable. Being able to inform the RO of a mistake before the decision is finalized prevents a large number of veterans from being unnecessarily forced into the arduous and lengthy appeals process. It similarly prevents VA from having to do unnecessary work. Under the new digital system, VA's attempt to re-create this feature just is not working. Service officers are struggling to track down claims that have been distributed to other RO's and they are not able to prevent final decisions from being made with mistakes. VBA officials have yet to produce an acceptable remedy, and this hearing was a chance for Congress and VSO's to apply more pressure to VBA for a fix.

PVA has observed a particular concern with the NWQ as it relates to special issues, specifically Amyotrophic Lateral Sclerosis (ALS) claims, homelessness, and terminal issues. When these claims are arriving in the NWQ, they are not being flagged appropriately and worked by the appropriate team. Instead they are being worked in the order of the date of claim. This creates a delay in these claims which could cause the veteran to die before seeing benefits. PVA hopes to work with VBA to alleviate this problem.

ADA Education and Reform Act of 2017 Reintroduced in the House

On January 24, 2017, Representative Ted Poe (R-TX) reintroduced the "ADA Education and

Washington Update Produced by Paralyzed Veterans of America

Reform Act of 2017." This legislation would limit the ability of people with disabilities to enforce their rights under the ADA by requiring a person with a disability to send a letter of notification to a business alerting the owner that it is out of compliance due to an architectural barrier prior to being able to file a lawsuit. Other co-sponsors include Representatives Scott Peters (D-CA), Ken Calvert (R-CA), Ami Bera (D-CA), Jackie Speier (D-CA), and Michael Conaway (R-TX).

PVA opposes this legislation. We believe that it would remove the incentive for businesses, social service establishments, and other places of public accommodation to comply with the ADA's accessibility requirements. Businesses could employ a "wait and see" approach, continuing to violate the law with impunity. Instead, businesses should be proactive in complying with the ADA and work with the ADA National Network and other entities for any needed educational resources.

DOT Releases Annual Report on Disability-Related Complaints for 2015

In February 2017, DOT released the latest figures on complaints filed directly with airlines. In 2015, passengers filed 30,830 disability-related complaints as reported by 176 domestic and foreign air carriers, which represents a nearly twelve percent increase over 2014. Top complaints with U.S. carriers for passengers with paraplegia or quadriplegia include failure to provide assistance and seating accommodation. In 2015, passengers also filed 939 disability-related complaints directly with DOT.



PARALYZED VETERANS OF AMERICA

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Walk to create a world free of MS.

Ending multiple sclerosis for good will take all of us. Walk MS helps us team up with friends, loved ones and co-workers to change the world for everyone affected by MS. Together, we become a powerful force. And with every step we take, every dollar we raise...we're that much closer. Together, we will end MS forever.



Walk Details

Date: April 22, 2017

Start/Finish Location: Riverfront Park, Salem, OR

Time: Registration opens at 9 a.m.

Walk begins at 10 a.m.

Join the OPVA Team! Call at 503.362.7998



MEMBERSHIP/CERTIFICATION APPLICATION

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. **Complete and return application to the chapter or by mail, email, or fax to:** Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) ChristiH@pva.org; (F) 202.416.1250. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: Oregon Chapter						
First Name:	Middle Initial:	Last Name:				
Date of Birth: / / So						
Race/Ethnicity:						
☐ Asian/Pacific Islander	☐ African American	/Descent □ Hispanic/Latino)			
☐ Native American/Alaskan Native	□ Caucasian					
Address: City:						
State:	Zip:	Email:				
Home Phone:	Othe	r Phone:				
VETERAN STATUS INFOR						
 Proof of U.S. or U.S. Territorial Cities DD214 showing character of discheding Medical evidence of spinal cord in the Proof of active duty status must be very status must be very status. 	narge. njury or involvement (m	nedical records or physician's st				
Have you been discharged under con	ditions that are less th	an honorable? □ Yes □ No				
If yes, please explain:						
Is your spinal cord injury or spinal cor	rd disease service conr	nected? □ Yes □ No				
DISABILITY CLASSIFICATION Injury or diseases involving the brain		l do not qualify.				
SPINAL CORD INJURY		SPINAL CORD DISEASE				
Complete only if you have a traumatic	spinal cord injury.	Complete only if there is no s				
Date of Injury: / /		Date of Diagnosis/Onset of O	Condition: / /			
Cause of Spinal Cord Injury:		Specific Disease Involving Sp	inal Cord:			
☐ Vehicular (car, motorcycle, aircraft,	etc.)	☐ Multiple Sclerosis (involvi	ng bowel & bladder)			
$\ \square$ Violence (gunshot, explosion, etc.)		□ Poliomyelitis				
☐ Flying/Falling object		☐ Syringomyelia				
$\ \square$ Sport/Recreation (swimming, divin	g, etc.)	☐ Amyotrophic diseases				
☐ Pedestrian (car accident, etc.)		(lateral sclerosis, transvers				
□ Unknown		Other:				
☐ Other traumatic injury:						



MEMBERSHIP/CERTIFICATION APPLICATION

The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service.

Is Paralyzed Veterans of America presently your accredited representative? \square Yes \square No

If yes, I hereby request that my eligibility for membership in the Paralyzed Veterans of America be certified. I consent to process my submitted medical documentation to a confidential review by a member of the Paralyzed Veterans of America National Medical Staff, to validate that my condition presents as having spinal cord involvement and to allow official Certification by the Paralyzed Veterans of America National Secretary. I have no objection and hereby permit Paralyzed Veterans of America Service Officers to provide information to the Paralyzed Veterans of America National Membership Department that pertains to my qualifications for membership/certification.

I declare that I have read and meet the qualifications. I understand that my membership/certification could be denied or revoked if any information provided is inaccurate.

Applicant Signature:	Date://
☐ I do not wish to become a certified member	

OFFICE USE ONLY

CAUTION TO ANYONE HAVING ACCESS TO THESE DOCUMENTS

The documents provided by the requester are personal in nature and are for membership eligibility and certification only. Information contained within these documents shall be treated with extreme confidentiality and released only to those employees of Paralyzed Veterans of America authorized to access.

I certify that I have personally examined the documents provided by the requester and find him/her to be eligible for membership/certification.

National Secretary	y's Sig	nature:				
Date Received:	_/	_/	Date Acted Upon: _	/_	/	
Member ID Numb	er:					
Date Received:	/	1	Date Processed:	/	/	





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